

Wild Outdoor Women

Lake Metigoshe State Park—Bottineau, ND
February 9-11, 2024

Wild Outdoor Women (WOW) events are primarily for ladies over the age of 16 who wish to learn or improve skills related to a variety of outdoor recreational activities, meet other outdoor enthusiasts or simply enjoy various recreational activities at Lake Metigoshe State Park.

- Register by purchasing tickets for the number of sessions you want to participate in; lodging and meals are optional.
- Registration opens on **December 13, 2023** at 12:00pm via ShowClix <https://bit.ly/LMSPShowClix> and closes at 11:59pm on **January 24, 2024** or as activities sell out.
- Participation is limited; ticket sales are limited to one per person, per activity.
- Sales are final—no exceptions. Registered participants may send a replacement if notification and applicable paperwork is completed on or prior to **5pm on February 5, 2024**. If, for whatever reason, LMSP needs to cancel the event or a portion of the event, refunds will be available.

Amy Schimetz • aschimetz@nd.gov • 701-263-4514

Friday, February 9

7:00pm-9:00pm

Session I

- Tubing at Bottineau Winter Park (\$22)
- Wandering into the Darkness Snowshoe Hike (\$25)

9:15pm

WOW Welcome (not required, but great opportunity to ask questions!)

Campfire Social (Dorms)

Saturday, February 10

8:00am-8:45am

* Breakfast (Dining Hall) food served until 8:30am

8:45am-9:00am

Travel to Assigned Activity Location

9:00am-12:30pm

Session II

(Downhill skiers meet at the Bottineau Winter Park at 9:30am; can ski until 5pm)

- Intro to Downhill Skiing (\$80) (continues through Session IV)
- Darkhouse Spearfishing (\$65) (continues through Session III)
- Fur Handling (\$60) (continues through Session III)
- Custom Antler Knife Handle (\$75)
- Mini Landscapes (\$40)
- Viking Thumb Knitting (\$35)
- Basics of Walleye Fishing (\$40)
- All About Animals (\$35)

12:30pm-1:15pm

* Lunch (Dining Hall) food served until 1:00pm

1:15pm-1:30pm

Break & Travel to Activity Location

1:30pm-3:30pm

Session III

- Intro to Downhill Skiing (cont.)
- Darkhouse Spearfishing (cont.)
- Fur Handling (cont.)
- Grouse From the Ground Up (\$25)
- Tea Time (\$35)
- Intro to XC Skiing (\$30)
- Intro to Skishoeing (\$30)
- Self-Guided Kicksledding (\$18)

3:30pm-4:00pm

Break & Travel to Activity Locations

4:00pm-6:00pm

Session IV

- Learning Personal Resilience From Nature (\$25)
- Fly Tying (\$30)
- Grouse From the Ground Up (\$25)
- Military Surplus: Surprising Surplus Savings (\$25)
- Intro to XC Skiing (\$30)
- Intro to Skishoeing (\$30)
- Self-Guided Snowshoe Adventure (\$18)
- Self-Guided Kicksledding (\$18)

6:00pm-7:15pm

Supper Break (Dining Hall) food served until 6:45pm

7:15pm-7:30pm

Travel to Activity Location

7:30pm-9:30pm

Session V

- Spearfishing Carving & Decoy Painting (\$60) (cont. through Session VI)
- Hiking the Camino de Santiago (\$25)
- Nature Journaling (\$30)
- Paracord Accessories (\$30)

Campfire Social (Dorms)

Sunday, February 11

8:00am-8:45am

* Breakfast (Dining Hall) food served until 8:30am

8:45am-9:00am

Travel to Assigned Activity Location

9:00am-12:30pm

Session VI

- Spearfishing Decoy Painting (cont.)
- Darkhouse Spearfishing (\$65) (Until 3pm)
- Custom Antler Knife Handle (\$75)
- Viking Thumb Knitting (\$35)
- Winter Birding (\$40)
- Intermediate XC Skiing (\$40)
- Red River Bread (\$40)
- Self-Guided Kicksledding (\$18)
- Self-Guided Skishoeing (\$18)

11:00am

Safe Travels Home!

* Please view optional meal ticket descriptions via ShowClix to view meal menus

EVENT SCHEDULE & FEES

Marie's
ESTABLISHED 2016



Established in 1969
BOTTINEAU WINTER PARK



Game and Fish



Registration

Registration will open on December 13, 2023 at 12pm via ShowClix <https://bit.ly/LMSPShowClix> and will close January 24, 2024 at 11:59pm or as sessions fill.

Participants register online by purchasing tickets that represent the number of sessions and the activities for which you want to participate in as well as optional lodging and meals. Onsite registration during the event is not available. Waiting lists are not managed (see cancellation policy). **Take note of the times for which activities take place as there are activities that span multiple sessions; ShowClix will not alert you if you double-book yourself. Tickets are named for the date, session for which it starts (if it continues, it'll indicate it in the title) and the activity.**

Once registered, participants will receive a confirmation email generated by ShowClix. If you do not obtain it, please contact aschimetz@nd.gov to get the confirmation re-sent electronically. Print off your confirmation to reference the sessions, activities, meals and/or lodging for which you registered. Lists will be posted in the park's kitchen/dining hall for reference throughout the weekend of the event.

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering and take note of the indication of indoors/outdoors and the physical rating.

Although many ladies would like to come to the event with a friend or family member, we also want to provide everyone an equal opportunity; therefore, individuals will be limited to purchasing one ticket/person for all of the activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in ticket availability at that time.

Cancellation Policy

All sales are final-no exceptions. If you have registered, but are no longer able to attend for whatever reason, you are able to send a replacement as long as prior notification is given via email aschimetz@nd.gov and necessary liability waivers have been completed and submitted on or prior to February 5, 2024 at 5pm. Any participants that do not attend and are not able to send a replacement waive their full registration amount. Should weather forecast not be ideal, the event will go on and we'll modify as we are able. Please plan and pack appropriate gear as well as a positive attitude. If LMSP deems it necessary to cancel the event, full refunds will be provided. Refunds will be available if, for whatever reason, LMSP needs to cancel specific activities affiliated with the event.

State Park Entrance Fees

Special thanks to Starion Bank (Bottineau, ND), and Souris River Telephone (SRT) Communications for their continued support in purchasing advertising space which covers the state park entrance fees for all registered WOW participants. Entrance fees are normally \$7/vehicle/day or \$35 for an annual permit. Those interested in purchasing a 2024 annual pass to utilize after the event can do so via <https://bit.ly/NDPRDEntrance>; they will be mailed to you. The 2024 annuals are now available and are valid through April 30, 2025. Annual permits waive entrance fees into all of the ND State Parks.

Optional Insurance

Any optional insurance that was purchased through the registration process is between registered participants that opted for it and the insurance company; LMSP/WOW is not involved with processing any optional insurance claims or affiliated documentation. To get information, please visit their website at <https://support.showclix.com/s/a/Ticket-Insurance-FAQs>; it does route you to a list of covered scenarios, exclusions and provisions.

What to Bring

Please be prepared for changing weather conditions to maximize your safety, comfort and enjoyment. Reference activity descriptions and/or lodging info as it applies for additional information as to what to expect so you can plan and pack accordingly.

Consider bringing additional items to include, but not be limited to winter survival kit, hand sanitizer, quality footwear, cell phone charger/battery pack, extra clothing layers, lip balm, sunscreen, ball cap, hand/toe warmers, winter face mask, scarf, extra socks, extra gloves, sunglasses, snacks, re-fillable coffee cup, re-fillable water bottle, book and camera. Ear plugs and slip-on shoes come highly recommended for those staying the on-side dorm lodging.



Email Addresses

Email addresses and the names of the ticket holders that are provided during registration process will be very important as emails will be utilized to obtain your ShowClix confirmation and various important information surrounding the event. If we do not have the correct names and/or email address, you may not obtain the information you need ahead of the event. Check your email often and consider checking junk folders looking for emails from both ShowClix and aschimetz@nd.gov.

Activity Descriptions

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering. This information may include special items to bring, what to wear, will indicate if the activities is indoors/outdoors and a physical activity rating.

Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. We hope you find all of this information helpful when choosing and preparing for your activities.

Physical Activity Ratings

Each activity has a fitness level rating to include Easy, Moderate and Arduous. Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. We hope you find that information helpful when choosing activities.

Indoors or Outdoors

Participants are able to establish how to dress for their activities by the indication of where each activity takes place within its description.

Lodging & Restrooms

Those interested in staying within the Lake Metigoshe State Park dorms (\$12/night) need to purchase a ticket to represent the night(s) lodging, if desired, on or prior to 11:59pm on January 24, 2024. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries. Beds are not assigned; simply claim a bunk upon your arrival in the appropriate dorm, depending if you are a night owl or an early riser.

The comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms and within the modern campground loops. In addition, there is a vault toilet near the Warming House on the north side of the parking lot.

Local hotel lodging is available at the lake as well as in Bottineau, ND (14 miles SW of Lake Metigoshe State Park). Visit www.bottineau.com for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each room. Visit www.metigosheministries.com for additional information.

Meals

Meals that will be available onsite for the event include Saturday's breakfast, lunch and supper in addition to Sunday's breakfast. Please purchase tickets for the optional meals on or prior to January 24 at 11:59pm via ShowClix; meals will not be available for purchase at the event.

Meals will be served out of the park's dining hall located near the entrance of the park throughout the time indicated on the event schedule; please allow yourself time to eat and get to your session(s) on time.

There are very limited breakfast options available at the lake. Please view meal ticket descriptions via ShowClix to view menu and pricing. Those with dietary restrictions, allergies, etc. should plan to bring their own food. A refrigerator, freezer and microwave will be available for you to utilize. Anything kept in the refrigerator needs to be labeled in terms of date and contents.

All other meals are on your own. For information on where to eat in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com/eat/>.



Activity Descriptions

tubing at Bottineau Winter Park

Physical Activity Rating: Easy (Outdoors)

Hit the tubing hills at the Bottineau Winter Park under the Friday night lights and feel like a kid again by experiencing all the thrills of sledding without the long hike back up the hill! Grab a tube and have an absolute blast speeding down the seven tubing lanes at the Bottineau Winter Park. Participants are required to drive and/or make arrangements to meet directly at the Bottineau Winter Park, which is located approximately 9 miles west of Lake Metigoshe State Park along Highway 43.

Wandering Into the Darkness

Instructor: Erika Kolbow, ND Parks & Recreation Department

Physical Activity Rating: Moderate (Outdoors)

Wander into the darkness on snowshoes! We will be highlighting some animals of the night, their adaptations as well as our own. Weather permitting, we will spend a bit of time highlighting constellations, features of the night sky, and their stories behind them. This is an outdoor adventure and will cover about two miles. Snowshoes will be provided, but if you have your own you are welcome to bring them. Please wear good winter footwear and dress for the weather conditions.

Session I
Friday, February 9
7:00pm-9:00pm



Activity Descriptions

Introduction to Downhill Skiing—CONTINUES

Instructors: Bottineau Winter Park (BWP)
Physical Activity Rating: Moderate/Arduous (Outdoors)

This day-long experience includes rental equipment, lift ticket, approximately an hour-long lesson and time on the slopes. Please come prepared and dressed for changing weather conditions. Participants are highly encouraged to stop by the BWP on Friday, February 9 between 12pm and 9pm to get fitted for equipment so it can be set aside ahead of the Saturday crowds. Participants are responsible for their own travel from Lake Metigoshe State Park to the BWP which is about 9 miles west of the park along Highway 43. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday for equipment. Ski lesson starts at 10am. You may choose to register for lunch and come back to LMSP to join WOW group for lunch, purchase lunch onsite at the Bottineau Winter Park or make your own arrangements for lunch by bringing your own. ***This activity continues through Session IV; participants are able to ski until their 5:00pm closing time.***

Darkhouse Spearfishing—CONTINUES

Instructors: Bill Demming, Tighe Teets, Cody Clemenson, Renee Aalund, Andrea Sagsveen and Al Burgard

Physical Activity Rating: Easy (Indoors/Outdoor)

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants can either register for lunch or bring their own food/drink; those that register for lunch will either take a break and come to the park for lunch. Participants may be required to drive/carpool approximately 6 miles to/on a nearby lake. ***This activity continues through Session III.***

Custom Antler Knife Handle

Instructor: Thomas Marrs

Physical Activity Rating: Easy (Indoors)

Don't miss this opportunity to cut, drill and affix a deer antler handle to your choice between three knife blanks, creating your own useful work of art! Along the way, we'll be discussing properties of grinds, points and types of knives as well as personalizing handles and embracing its imperfections and character.

Fur Handling Muskrat & Mink—CONTINUES

Instructors: Rick Tischaefter & Cody Hilliard
Physical Activity Rating: Easy/Moderate (Indoors)

Make the most of what you catch in this hands-on opportunity as participants will be learning how to properly skin and prepare muskrat and mink pelts for tanning and to take with you. Please consider wearing clothes you don't mind getting dirty as well as comfortable shoes. The day will consist of a lot of standing as you work. All materials and critters will be provided! ***This activity continues through Session III (will break for lunch).***

Mini Landscapes

Instructor: Katie Tamburrino

Physical Activity Rating: Easy (Indoors)

Learn to build a realistic looking landscape scene and add detailed animals for a one of a kind artistic piece. Each participant will be able to create their own design to take home. Reference images will be available, but please feel free to bring additional ones if you have a piece in mind. Participants will be able to paint on a variety of surfaces, from canvas to bone to wood.

Viking Thumb Knitting

Instructor: Emily Laaveg, ND Parks & Recreation Department

Physical Activity Rating: Easy (Indoors)

Think you've heard of all the types of needle arts? Think again! Nålbinding is a type of needle weaving dating back to the dawn of civilization, 8,000 years ago. Using a single needle and yarn made from natural fibers, you will learn to weave knots around your thumb which can be turned into any number of articles. We will be going over the basic techniques and one of the basic stitches while working to complete a hat to take home. Participants will be responsible for purchasing and bringing their own yarn; we'll be in touch via email after registration to provide info as to what kind we'll utilize.

Basics of Walleye Fishing

Instructor: Chris Pulver

Physical Activity Rating: Easy (Indoors)

Learn basic techniques of fishing for walleyes while learning some of walleye behaviors with a focus on open water fishing. We will discuss mostly boat fishing techniques but will learn some ways to target them from shore. Participants will tie Lindy rigs and spinners to use at ice out.

All About Animals

Instructor: Erika Kolbow, Laaveg, ND Parks & Recreation Department

Physical Activity Rating: Moderate (Indoors)

We will be starting inside to highlight some of our local animals and then hitting the trails on snowshoes to find signs (and hopefully see) some of the critters that call LMSP their home. This will cover several miles (we will see where the trail takes us!) and will be outdoors for the majority of the class. Please wear good winter footwear and dress in layers for the weather conditions. Those that have their own snowshoes are welcome to bring them.

Session II
Saturday, February 10
9:00am-12:30pm



Activity Descriptions

Intro to Downhill Skiing (Continued)

Darkhouse Spearfishing (Continued)

Fur Handling Muskrat & Mink (Continued)

Grouse From the Ground Up

Instructor: Seth Owens, Pheasants Forever
Physical Activity Rating: Easy (Indoors)

North Dakota's prairies hold an incredible diversity of animals, but there are few creatures as synonymous with grasslands as prairie grouse. Explore North Dakota's prairie grouse in this activity where we'll cover biology and identification, breeding habits, how to locate and view grouse leks, cultural significance, how to hunt grouse in the fall, and how to cook sharptail!

Tea Time

Instructor: Amber Havard

Physical Activity Rating: Easy (Indoors)

Taste test individual health promoting herbs in a hands-on class. Most of the 12+ herbs we will explore grow naturally in North Dakota, including Nettles, Red Clover, Chickweed, Cleavers, Goldenrod and Burdock Root. We will discuss each herb's benefits and safety considerations. You'll also take home some bonus teas to try at home!

Intro to XC Skiing

Instructors: Emily Mercer & Lisa Kudelka

Physical Activity Rating: Moderate/Arduous (Outdoors)

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.



Intro to Skishoeing

Instructor: Glee Mayer

Physical Activity Rating: Moderate/Arduous (Outdoors)

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of North Dakota where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

Self-Guided Kicksledding

Physical Activity Rating: Moderate/Arduous (Outdoors)

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carrying a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should return kicksleds at or prior to 3:30pm at the warming house. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding! Your assistance in keeping off of the groomed xc ski trails and on the packed side of the multiuse trail is greatly appreciated. Grab a map from the warming house and set out to explore the park on your own while trying something new!

Session III Saturday, February 10 1:30pm-3:30pm



Activity Descriptions

Learning Personal Resilience From Nature

Instructor: Michelle de Leon. Resilioak LLC

Physical Activity Rating: Easy (Indoors)

From ecosystem management to personal wellness, resilience has become a buzzword. In this session, learn how your personal resilience is connected to social and ecological systems, helping you better manage stress in your life and enjoy the benefits of connection with nature. Through discussions, interactive activities, and practices you can do again on your own time, you will have an introduction to social-ecological resilience and learn nature-based therapeutic practices. Come with an open-mind and leave confident about your personal resilience!

Fly-Tying

Instructor: Alecia Pulver

Physical Activity Rating: Easy (Outdoors)

Develop basic skills and learn essential fly tying techniques required of most patterns, parts of a fly, understand the different types of flies (dry, wet, streamer, nymph), become familiar with fly tying terminology, learn the parts of the hook, the types of tools needed to tie flies and how these tools are used. You will tie a simple, standard fly pattern that will let you practice these basic skills. Join us-you'll be hooked!

Grouse From the Ground Up

Instructor: Seth Owens, Pheasants Forever

Physical Activity Rating: Easy (Indoors)

North Dakota's prairies hold an incredible diversity of animals, but there are few creatures as synonymous with grasslands as prairie grouse. Explore North Dakota's prairie grouse in this activity where we'll cover biology and identification, breeding habits, how to locate and view grouse leks, cultural significance, how to hunt grouse in the fall, and how to cook sharptail!

Military Surplus: Surprising Surplus Savings

Instructor: Thomas Marrs

Physical Activity Rating: Easy (Indoors)

Attain the knowledge necessary to build an unrivaled outdoor gear kits! We'll be discussing and teaching inexpensive, efficient and thrifty ways to supply your outdoor adventures using military surplus equipment.

Intro to XC Skiing

Instructors: Emily Mercer & Lisa Kudelka

Physical Activity Rating: Moderate/Arduous (Outdoors)

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

Intro to Skishoeing

Instructor: Glee Mayer

Physical Activity Rating: Moderate/Arduous (Outdoors)

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of ND where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

Self-Guided Snowshoeing

Physical Activity Rating: Moderate/Arduous (Outdoors)

Bring your sense of adventure and grab a map to further explore the park on your own. This is simply an equipment rental opportunity. Dress in layers and wear good quality footwear. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 6:00pm at the warming house. If you have your own snowshoes, no need to register-just show up and go snowshoeing with other enthusiasts!

Self-Guided Kicksledding

Physical Activity Rating: Moderate/Arduous (Outdoors)

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carrying a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should return kicksleds at or prior to 6:00pm at the warming house. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding! Your assistance in keeping off of the groomed xc ski trails and on the packed side of the multiuse trail is greatly appreciated. Grab a map from the warming house and set out to explore the park on your own while trying something new!

Session IV
Saturday, February 10
4:00pm-6:00pm



Activity Descriptions

Spearfishing Decoy Carving & Painting—CONTINUES

Instructor: Melissa Shockman

Physical Activity Rating: Easy (Indoors)

Getting out on a frozen lake, peering over into a giant hole in the ice and seeing a Northern Pike focus in on a spearfishing decoy is a thrill that everyone should experience...BUT, what if that decoy is something YOU made? Add to the excitement of your spearing adventures or learn a new craft obsession by joining in on the art of making your very own working spearfishing decoy! We will work our way through each step of the process while also learning wood carving techniques with simple power tools, how to achieve the perfect swim, and quick hand painting tricks to give you a beautiful, functional spearfishing decoy to take home! **This activity continues through Session VI.**

Hiking the Camino de Santiago

Instructor: Andrea Sagsveen

Physical Activity Rating: (Indoors)

500 miles, 41 days, one backpack, two sets of clothes, and two pop bottles. The French Camino is a centuries-old 478 mile journey that starts in France, meanders through northern Spain, and ends near the Atlantic Ocean. Join me as I share how I accomplished my goal to walk the camino - from discovery, to planning, to preparation, to completion. If you love adventure, travel, and walking, this will inspire you to plan and complete a hike on your bucket list. Buen camino!

Nature Journaling

Instructor: Amanda Starr

Physical Activity Rating: Easy (Indoors/Outdoors)

Connect your nature side with your inner side. Explore visual journaling by writing, sketching, collaging, really anything you want! This class will teach you the fundamentals of visual journaling and give you what you need to start your own visual journal. Creating a visual journal is a great way to express your thoughts and feelings. We will create our own visual journal and add a couple of pages to your journal. You will go home with a mental toolbox on visual journaling and a journal for you to keep using when you leave. Even if you are not artistic, this class is geared toward beginning artists and superior artists! We do a very short outdoor walk (about 10-20 minutes) to get inspiration for our first page; the remaining duration will be indoors.

Paracord Accessories

Instructor: Nikki Marrs

Physical Activity Rating: Easy (Indoors)

The true workhorse of the U.S. Military, the Type III Nylon (550) Parachute Cord should be considered an absolute essential part of anyone's kit. Whether you need to secure a load, build a shelter, make a bow drill, replace a broken shoelace, craft a primitive weapon, or improvise a belt for your pants—paracord can make it happen! Discover how to make a number of outdoor accessories from zipper pulls, key lanyards, ID tags, bracelets and more! We will have plenty of cordage on hand for this hands-on interactive class.



Session V
Saturday, February 10
7:30pm-9:30pm



Activity Descriptions

Spearfishing Decoy Carving & Painting (CONTINUED)

Darkhouse Spearfishing

Instructors: Bill Demming, Tighe Teets, Cody Clemenson, Renee Aalund, Andrea Sagsveen and Al Burgard

Physical Activity Rating: Easy (Indoors/Outdoor)

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants will be expected to bring their own food/drink. Participants required to drive/carpool approximately 6 miles to/on a nearby lake. *This activity continues through 3:00pm.*

Custom Antler Knife Handle

Instructor: Thomas Marrs

Physical Activity Rating: Easy (Indoors)

Don't miss this opportunity to cut, drill and affix a deer antler handle to your choice between three knife blanks, creating your own useful work of art! Along the way, we'll be discussing properties of grinds, points and types of knives as well as personalizing handles and embracing its imperfections and character.

Viking Thumb Knitting

Instructor: Emily Laaveg, ND Parks & Recreation Department

Physical Activity Rating: Easy (Indoors)

Think you've heard of all the types of needle arts? Think again! Nålbinding is a type of needle weaving dating back to the dawn of civilization, 8,000 years ago. Using a single needle and yarn made from natural fibers, you will learn to weave knots around your thumb which can be turned into any number of articles. We will be going over the basic techniques and one of the basic stitches while working to complete a hat to take home. Participants will be responsible for purchasing and bringing their own yarn; we'll be in touch via email after registration to provide info as to what kind we'll utilize.

Red River Bread

Instructor: Katie Tamburrino

Physical Activity Rating: Easy (Indoors)

Learn to make Oak Mountain Homemade's famous Red River Bread. This sticky whole grain is the perfect winter bread. Using a hot cereal from Canada, this recipe is one of a kind. Participants will learn some tricks and tips for achieving the perfect risen loaf. Each participant will get a small loaf and a copy of the recipe.

Winter Birding

Instructor: Seth Owens, Pheasants Forever

Physical Activity Rating: Moderate (Indoors/Outdoors)

Winter may seem bleak, but there is a fervor of feathers in your backyard! We will get out on snowshoes for a portion of this session and cover many of the common winter species that treat the frozen north as their winter vacation home. We will have snowshoes, binoculars and field guides available for all; if you have your own, feel free to bring them. You may also bring your own cameras, spotting scopes, etc. We will cover identification of common species, hopefully giving you an idea of how to ID by sight and by ear. Please dress for the weather conditions and wear good footwear!

Intermediate XC Skiing

Instructors: Emily Mercer & Lisa Kudelka

Physical Activity Rating: Arduous (Outdoors)

Add to your basic skills by learning more about equipment and different x-country skiing techniques. Take some time to try those techniques as you go through a winter wonderland. This outing is for those that have experience cross-country skiing and are ready for a more advanced and longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down. Equipment is provided, but you are welcome to bring your own!

Self-Guided Kicksledding

Physical Activity Rating: Moderate/Arduous (Outdoors)

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat for carrying a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should return kicksleds at or prior to 12:30pm at the warming house. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding! Your assistance in keeping off of the groomed xc ski trails and on the packed side of the multiuse trail is greatly appreciated. Grab a map from the warming house and set out to explore the park on your own while trying something new!

Self-Guided Skishoeing

Physical Activity Rating: Moderate/Arduous (Outdoors)

Skishoeing is a combination of snowshoeing and xc skiing-great for beginner winter trail users! Skishoes have a one-way skin of sorts under the bindings allowing traction to climb uphill while the smooth tips and tails allow for gliding component. Skishoes are attached to your footwear have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. Beginners will find ease in utilizing the packed side of the multiuse trails. Participants should dress for the weather conditions and wear good winter footwear. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 12:30pm at the warming house.

Session VI
Sunday, February 11
9:00am-12:30pm

